2:Scott G-5 (1870's-1909)1910 AP1 Burma
Burmese AP4



the monks are perhaps

276 792 the most persistent chewers of the good betel. Smoking is prohibited, but nothing is said against betel, and it is considered a great stimulator of the meditative faculties. The lime used very speedily corrodes and destroys the teeth, and then the old pôngyi has to make the scholars crush up the nuts so that they may not hurt his toothless gums. It is a common belief that no one can speak Burmese well till he chews betel. Demosthenes is said to have put pebbles in his mouth when he was practising oratory.

517 515 302 Alternate smoking, chewing, and conversation serve to pass the day, and after dinner, when the sun goes down, our villager has a bath down by the well to freshen him up. The water is drawn up in a bucket and simply poured over the body. Soap is never used, and particular care is taken not to wet the hair. The head washing is a special ceremony, to be gone through only occasionally, and then with circumspection. Dandies, as a rule, put a solution of rice and water on their hair every day to make it grow long, and cocoanut oil is also very generally used. Both sexes are proud of the length of their hair, and it is not uncommon to see it reaching below the knee and down to the ankles. The men wear it in a yaung or knot on the top of the head, while the sadôn of the women is at the back of the head. Both men and women are in the habit of adding to its size by interweaving false tresses, which are easily got, seeing that everybody has black hair, and that some young member of the family is constantly getting his locks cut off on his entry into the monastery. There is no more sense of shame in using false hair than there is in improving the appearance by wearing fine clothes. At his bath it is usual for a pious person to repeat a Pali charm over the first bucket of water, which is then slowly poured over the body. The object of this is to guard against sickness.

[151]

517 514 291 After bathing, the Burman, if he is young, usually puts on his fine clothes, for except in the rainy season there is sure to be a dramatic performance, or a yein dance by the village lads and lasses, or an entertainment of some kind going on at some house in the village. The dress is very simple and picturesque. The paso is a long silk cloth, fifteen cubits long and about two and a half wide. It is

HOME

Home is Pathwe

Home is the village of Pathwe, Pantanaw Township, Maubin district, Lower Burma. It is located on one of the countless small streams of the Lower Irrawaddy estuary about ninety miles west of Rangoon. The country is a flat alluvium plain dissected by myriads of streams and canals. The monotony of marshy plains is relieved by occasional clumps of trees and tall reeds which flank the streams. The land is a result of depositions of silts from upstream by the Irrawaddy river and its tributaries - a process which is going on today as Lower Burma extends into the bays of Bengal and Martaban. When asked how long his family had lived in the village of Pathwe, U Myaing replied :

> "My parents were born here and their parents before them and their's before them - as far back as we can remember."

The village of Pathwe occupies the adjacent banks of three streams at the point where they join.

The larger town of Pantanaw is located some three miles upstream. The section U Myaing lives in is called YWA-GYI-BET (Big-village-side) and is the main residential area of Pathwe. Directly across the stream, which is about 200 feet wide at this point, are YWA-LAY-BET (small-village-side) and PAYA-GYI-DAUNT (Big-pagoda-corner).

YWA-GYI-BET consists of four rows of houses placed 200 feet apart parallel to the main branch of the stream. The rows consist of about fifty houses each and are separated by brick or earth roads. The brick road is raised about three feet to form a passageway in time of floods. Communal lavatories flank both sides of the village rows and the ones on the side of the river have been located about 60 or 70 feet back from the edge of the river "in order not to pollute the water." The lavatories in the village differ from one another, in that some of them are in the house itself and others are outside by a small passageway connected to the house. The houses with lavatories in them depend on the water to carry away the droppings in the rainy season.

342 In U Myaing's house the lavatory is in the kitchen and is walled off with
514 woven KYU (kind of fiber) mat. There is a hole cut open in the board flooring, and the area underneath this opening also is walled off with woven KYU. U Myaing and family did not take their meals in the kitchen but in the house proper.

361 The PHON-GYI KYAUNG or monastery is located further downstream
368 from the village. It is a two storied brick building comprised of nine
346 rooms, each 6 TAUNG square. Children are not taught here but learn
[872] their lessons at the government school. This school, which is on
[764] THA-GYI-BET side, teaches pupils up to the tenth standard. Below the PHON-GYI KYAUNG is the cemetery.

The houses in the village are separated one from the other by eight feet on each side. The rows of houses facing the river have porches on
342 both sides. U Myaing's house is typical of those found in the village - some may be more elaborate, some less. His house had been built only
435 six or seven years, and cost Rs. 3000/- at that time. There are no
[651] accounts for each of the separate items and U Myaing does not remember. The land was free and they did not have to pay any revenue on it.
[366] Separate from the houses and on the riverside is a huge platform built
[252] to process fish including the making of NGAPI. U Myaing had no land that [illegible] owned round the house, although he could use the land directly in front of the house for various purposes.

U Myaing describes his house as follows;

342 "It is a wooden house, made of wooden posts - a two storied
592 structure. The roof is of slates. Walls are of SHI-NGA-BI wooden boards (boards 8 inches wide and about ½ inch thick) and there are four rooms. Other people have similar houses. It is a LAY-BIN-BIN (a four-tree-house or a house which has four supporting poles across the front) and all seven of us live in the house. We drop a kitchen from the back and cook there. The kitchen has three windows at the back, with one door leading into the house. We all live together in three rooms. We keep bedrooms. (U Myaing is speaking of a sketch of the house here). This side is for visitors - there is a room for people who come to buy goods. The
[366] old mother and the children live in one room and I and my wife in another with the smallest child. We eat in the front part of the house in one room at the foot of the sleeping place. There are nine 6 TAUNG rooms without partitions on each of the two floors. The sides of the house are enclosed with timber planks of IN wood, but the bedrooms are also partitioned off. It is very wide and roomy to live in. The floor is made of teak planks."

753 The concept of KARMA (fate) is important only in determining
777 the general well-being of the individual, as seen in Daw Aw Zar's
262 belief that her general good health was due to a morally-lived previous existence. "It is like a shadow". Some specific situations like being born blind is attributed to ones KARMA - in this case the person had been a notorious fighter of cocks in the previous existence; cocks being frequently blinded in the fights.

Each person is regarded as subject to some special disorder or weakness such as being especially subject to colds or headaches, or stomach troubles. Collectively these are referred to as "age-group" weaknesses. (MIYAT - girls' weakness; DULAH - boys' weaknesses.) But this is due to childhood illnesses and neglect of early troubles rather than KARMA. Persons with the weaknesses noted above avoid cucumbers (a "cold" vegetable), or hot foods including liquor (these cause greater heat to rise to the head), or green or raw vegetables (hard to digest). The choice of the correct diet to suit one's particular condition is important.

751 Bodily exercise is a prime consideration for health. Calli-
526 sthenics or sports for this purpose are unknown or unrecognised and by
461 " healthful exercise " is meant everyday work activities. Regular
757 daily motion is regarded as necessary for health, and a purgative is
514 taken regularly once a month. The idea is to " clean out disease ". Purgatives are taken first in most sicknesses. This is followed by drinking preparations in hot water to induce perspiration along with woolen blankets. The colour of the urine is checked "daily" since a too yellow colour indicates an unhealthy condition. If so - one must drink additional quantities of water and coconut water. "Urine takes the place of perspiration in cold weather". Over-working and lack of sleep also lead to unhealthiness. The ideal
[93] sleep period is from 8 p.m. to 6 a.m. with a nap thrown in from 12 to 2 after "breakfast".

158 Too much worrying SAY-TAING-LO-KOJEH (mind-beating-because-
753 body-crush) leads to sickness. This is a common problem for mothers who worry about their children's futures. It results in THEHJEH-PYEIEH (small black bitter (gall)-disorder) where the gall fluid is